

Asian Apple-Chicken Salad

This delicious salad can be eaten at home or packed up for a picnic.

Ingredients:

2 cups cooked chicken breast, cubed	¼ cup fresh cilantro, chopped
2 cups apples, cored and cubed	3 scallions, thinly sliced
2 tablespoons apple, orange, or carrot juice	1 pound baby spinach
2 tablespoons lime juice	pepper to taste, if desired
1 tablespoon sesame oil	
1 tablespoon mirin (rice wine)	
1 tablespoon low sodium soy sauce	
1 tablespoon fresh ginger, finely grated	
¼ cup fresh parsley, chopped	



Directions:

Place the chicken and apples in a large bowl.

Mix the apple juice, lime juice, sesame oil, mirin, soy sauce and ginger together in a small bowl; pour mixture over the chicken and apples.

Sprinkle the parsley, cilantro, and scallions over the top and gently toss to mix. (Cover and refrigerate up to several hours, if desired.)

To serve, layer the spinach on a platter and spoon the chicken mixture on top.

Nutritional Information

Serves: 4

Preparation Time: 20 minutes

Calories: 247

% of Calories from Fat: 21%

Total Fat: 6.1g

Saturated Fat: 1.2g

Protein: 25g

Carbohydrates: 25g

Cholesterol: 60mg

Dietary Fiber: 7g

Sodium: 371mg